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PRODUCTION AND SALE OF SPORTS GOODS

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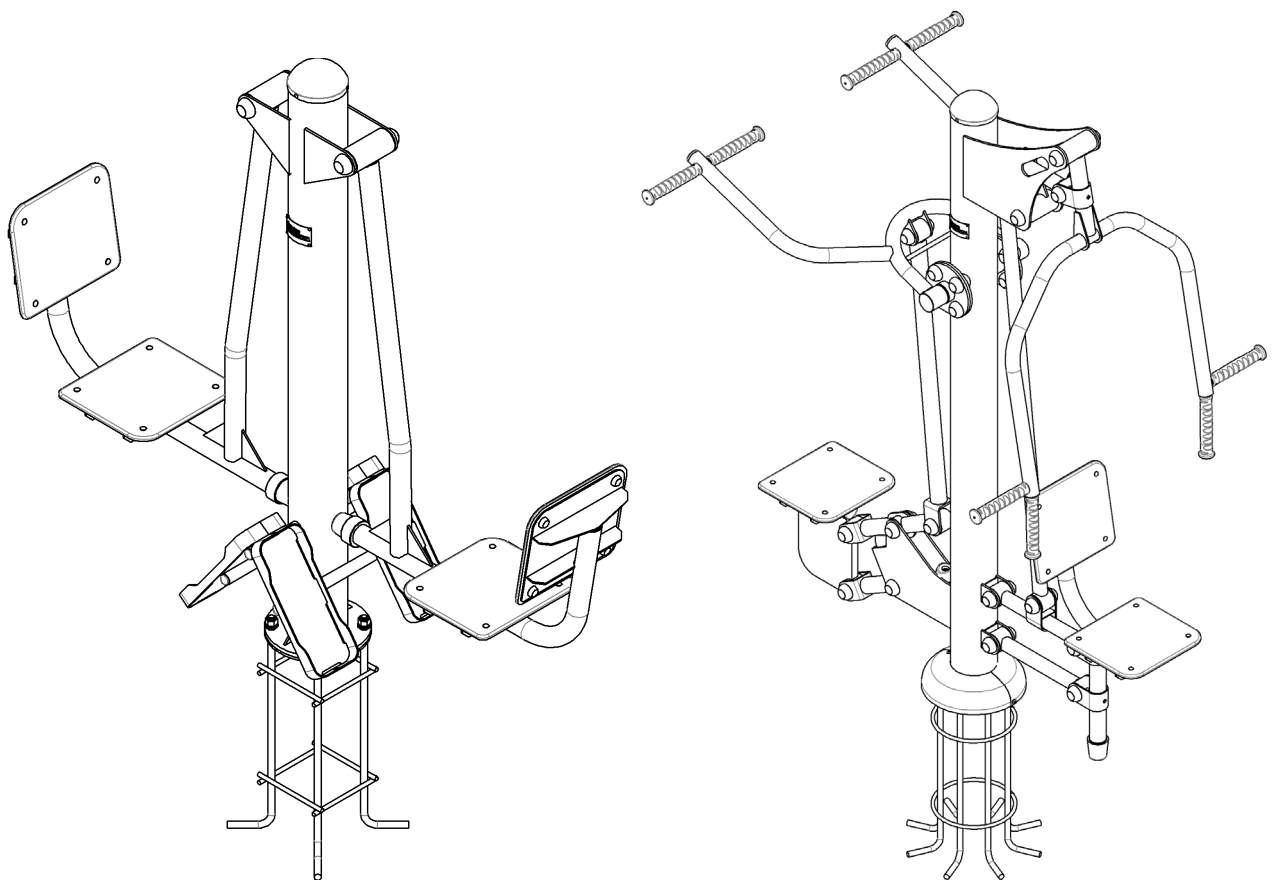
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DATA SHEET

SPORTS EQUIPMENT FOR OUTDOOR SPORTS

SL



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Chapter 1. INTRODUCTION

Purpose and content of this document. This document is a unified operational document for sports equipment (document code according to GOST 2.601-95: RE) of the SL line and contains a general description of the equipment and its operation, as well as information on installation, intended use, maintenance, transportation, storage of equipment.

Level of special training of the training machine user. Before using sports equipment each user is obliged to:

- to read and study this document in detail;
- strictly follow the requirements and recommendations of this document;
- know and strictly follow the general rules of sports (physical exercises) and training on sports equipment;
- consult a doctor regarding the possibility and safety for health during training on sports equipment.

Distribution of this document for product modifications. Manufacturer can make modifications to the design of the equipment to improve its performance, change the design, etc. This document may not contain a description of such changes, but applies to the following modified machines.

Chapter 2. DESCRIPTION AND OPERATION OF THE TRAINING MACHINES

Purpose of the equipment. Name, list of machines and their designation are given in Table 1. Appearance of the equipment is given in Table 2 and Table 3. Equipment is intended for sports (physical training) for outdoor use.

Characteristics of the training equipment. Individual characteristics of the machines are shown in Table 1. General characteristics of the equipment:

Maximum user weight	kg	:	150
Country of manufacture	-----	:	Ukraine
Operating temperature	C°	:	from -20 up to +30 C°

Composition of training machines. General view of the machines and their main components are shown in the corresponding pictures in Table 2 and Table 3. The scope of delivery includes:

- Training machines listed in Table 1;
- Fasteners for equipment supplied disassembled;
- Packaging;
- Operating instructions;

Name of the main components of the equipment:

Nº	Description of the parts
1	Iron welded frame
2	Plastic handles, plugs, protective elements, plastic seats, backrests, armrests
3	Connecting elements (bolts, nuts, washers, spring washers)

Structure and operation. The principle of operation of the machines is to transfer the load to the human muscles during training due to a special trajectory of movement of individual parts of the machines.

Tools and accessories. The equipment set does not include the tools required for assembly.

Marking and sealing. Each machine in the line is specially marked (product code, date of manufacture, and a stamp from the Quality Control Department). The packaging of the equipment is not marked.

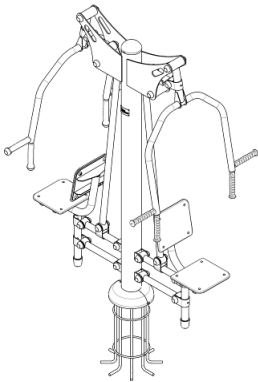
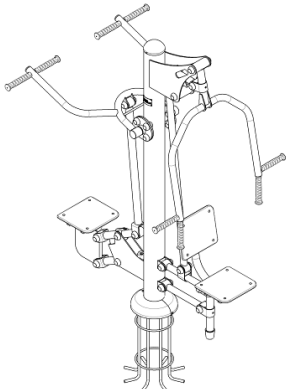
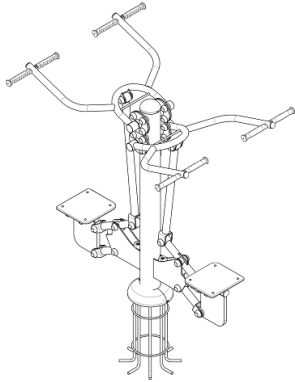
Packaging. The equipment is supplied in cardboard packaging to prevent damage during transportation. Depending on the model and type of the machine, individual parts of the machine may be additionally packed in polyethylene. The cardboard packaging must be retained by the Buyer (the machine must be returned in its original packaging). There are no seals on the packaging.

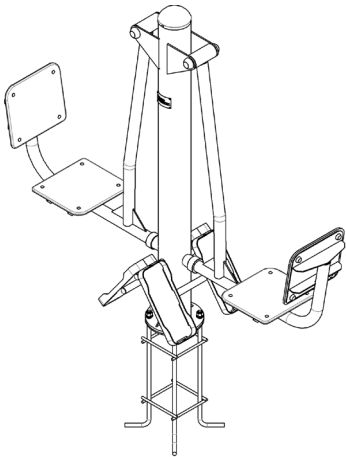
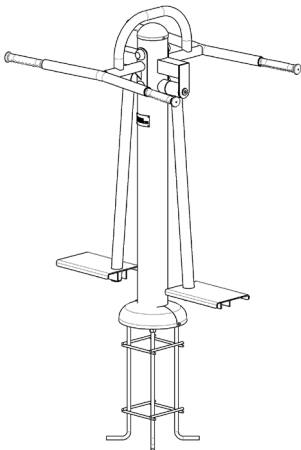
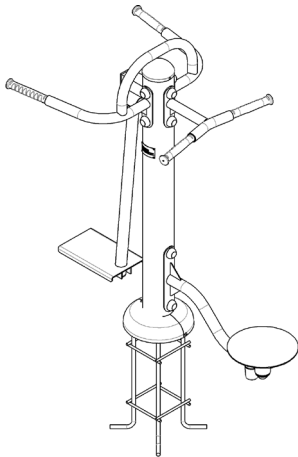
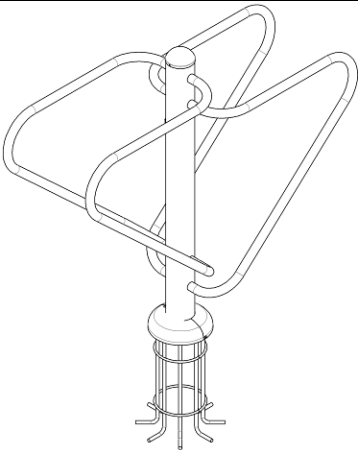
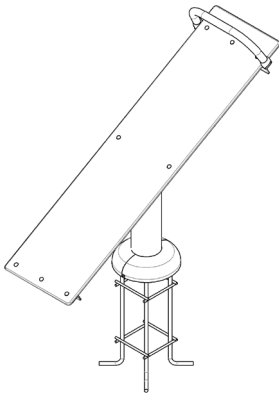
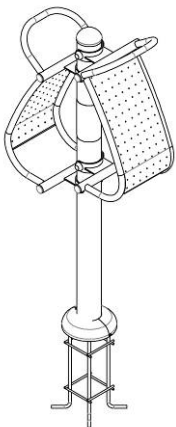
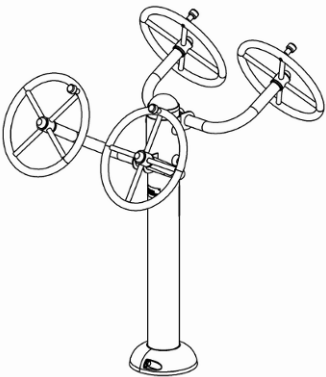
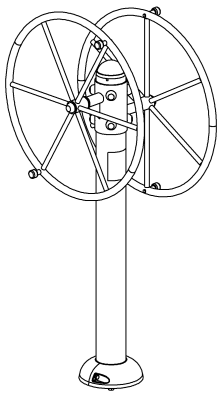
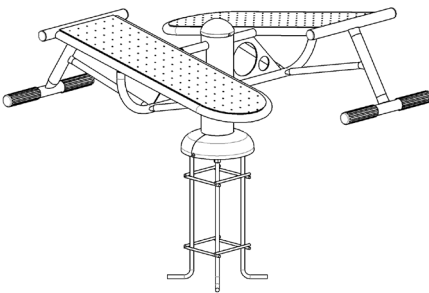
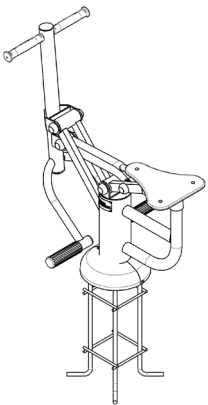
Description and functioning of the equipment components

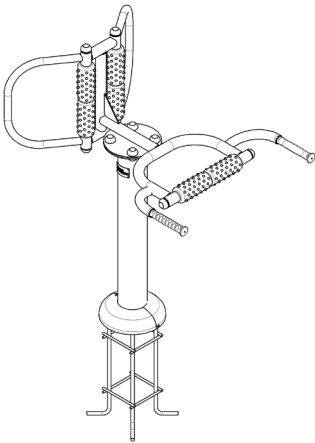
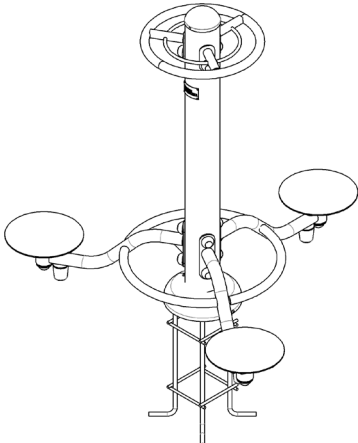
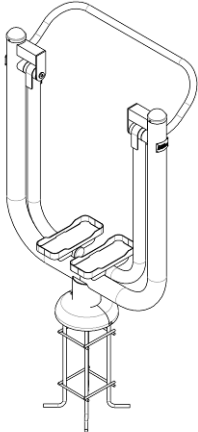
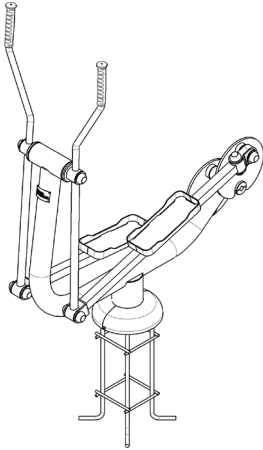
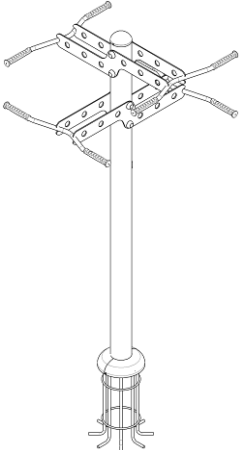
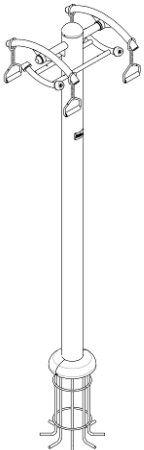
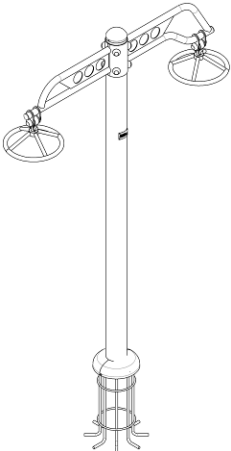
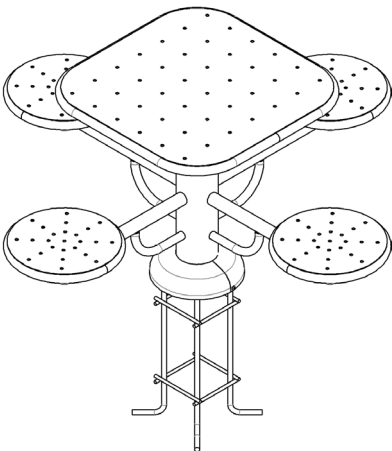
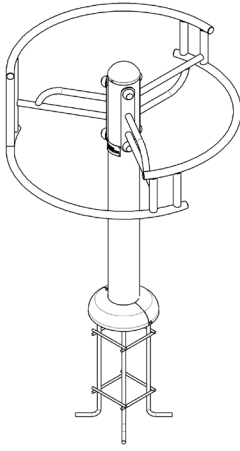
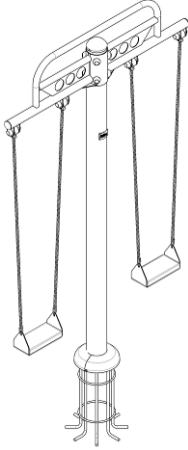
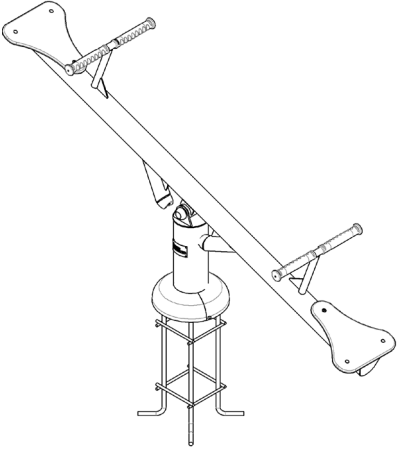
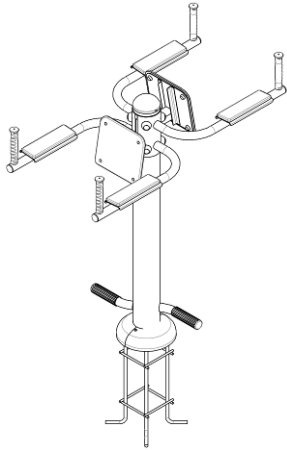
№	Name of the training machine	Product code	Dimensions, cm			Weight of the machine, kg	Quantity (delivered to the consumer under the relevant agreement)
			Length	Width	Height		
1	Information Stand	SL100	53,6	8	197	17	
2	Chest press	SL101	158	116	210	136	
3	Chest press – Lat pull down	SL101.1	153	126	210	137	
4	Lat pull down	SL102	148	126	170	132	
5	Leg press	SL103	178	49	155	76	
6	Adductor-Abductor	SL104	105	80	142	60	
7	Adductor-Abductor – Twister	SL104.1	132	80	142	58	
8	Double Parallel Bars	SL105	174	58	155	52	
9	Abdominal Exercise Machine	SL106	130	44	107	44	
10	Ergonomic Abs Exerciser	SL106.1	100	48	201	67	
11	Shoulders training (4 small wheels)	SL107	108	108	154	58	
12	Shoulders training (2 big wheels)	SL108	90	60	186	56	
13	Abdominal muscles training	SL109	128	126	55	54	
14	Horse rider	SL110	86	65	106	43	
15	Massager	SL111	114	84	143	53	
16	Twister	SL114	138	124	135	64	
17	Air walker	SL115	51	103	146	64	
18	Single ellipse	SL116	119	61	168	71	
19	Pull-up Rack	SL117	117	117	255	75	
20	Monkey bar	SL118	68	63	265	65	
21	Air rotation	SL119	187	39	260	74	
22	Game table	SL120	156	156	71	65	
23	Gymnastic stretching	SL121	100	100	128	46	
24	Swing on chains	SL122	41	166	264	85	
25	Balancer	SL124	202	45	80-100	45	
26	Support for abdominal muscles	SL125	133	72	154	61	
27	Hip extension	SL126	145	52	108	75	

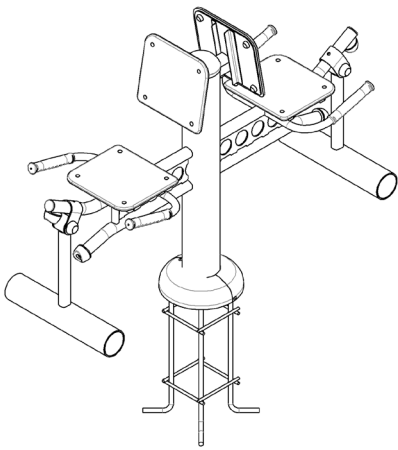
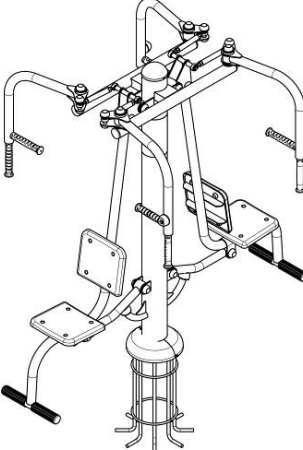
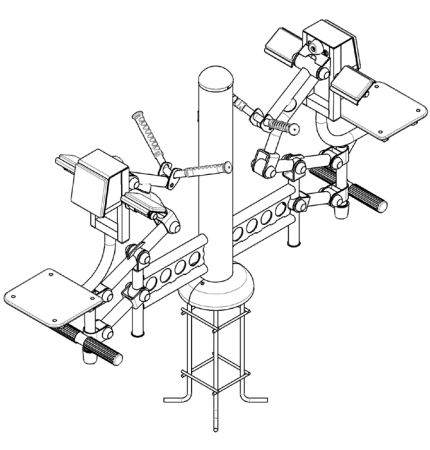
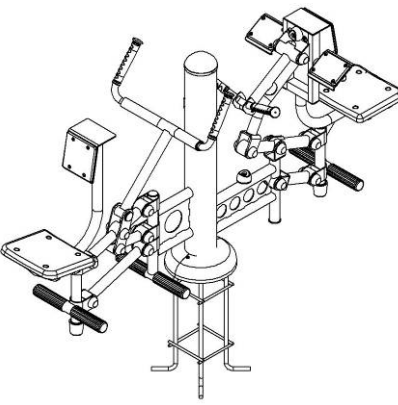
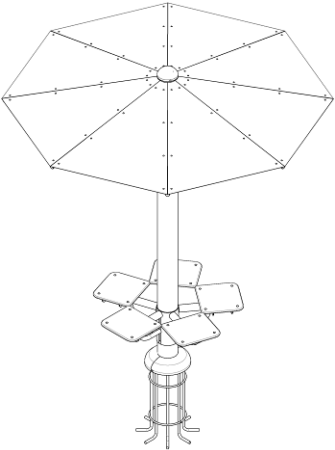
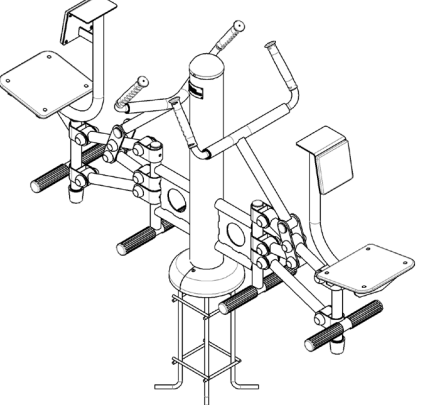
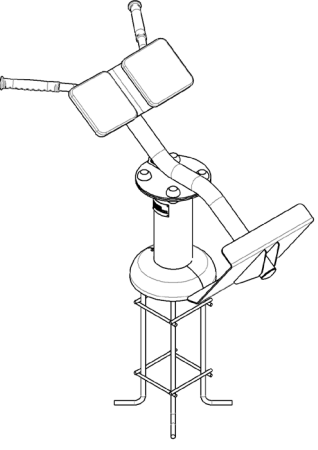
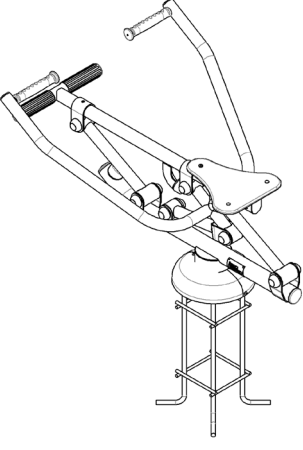
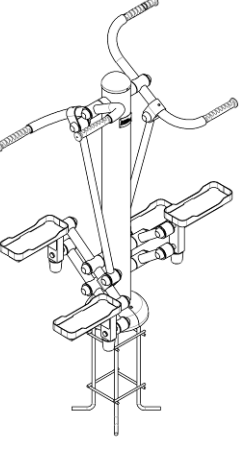
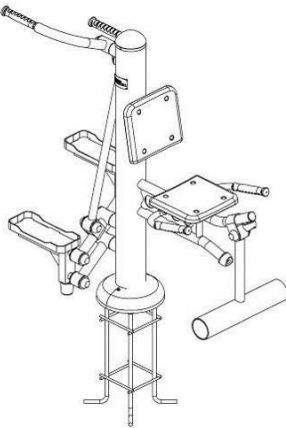
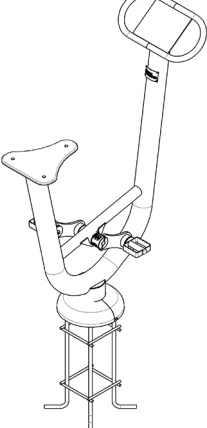
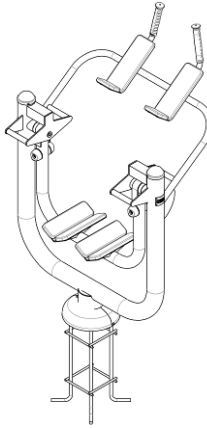
28	Butterfly	SL128	188	125	181	124	
29	Biceps training	SL129	210	51	105	94	
30	Biceps training - Rowing machine	SL129.1	209	59	105	91	
31	Hanger with canopy	SL130	191	191	234	132	
32	Rowing machine	SL131	207	59	105	85	
33	Hyperextension	SL134	101	69	74	39	
34	Outdoor rower	SL135	125	86	60	46	
35	Stepper	SL136	106	59	139	91	
36	Stepper – Hip extension	SL136-SL126	130	59	140	84	
37	Bicycle	SL139	99	48	138	49	
38	Abdominals training	SL140	80	103	157	70	
39	Skiman machine	SL141	123	39,4	165,7	68	
40	Adductor - Abductor	SL142	118	79	143	79	
41	Treadmill	SL143	156	77	155	120	
42	Double skiman	SL144	190	75	155	80	
43	Foot Massager	SL145	59	47	168	40	
44	Chest press	SL201	94	116	210	89	
45	Lat pull down	SL202	92	126	170	78	
46	Leg press	SL203	104	45	155	54	
47	Adductor - Abductor	SL204	66,5	80	142	48	
48	Hip extension	SL226	92	52	107,5	50	
49	Chest machine	SL228	109	124	181	83	
50	Stepper	SL236	68	59	139	60	
51	Adductor – Abductor machine	SL242	80	74	143	58	
52	Parallel Bars-Horizontal Bar	SL301	1567	899	1428	54	
53	Chest machine -Lat pull down- Leg press	SL401	184	159	210	155	

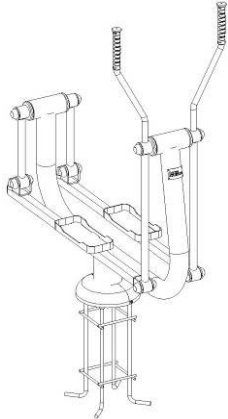
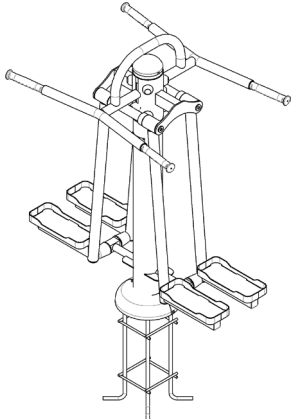
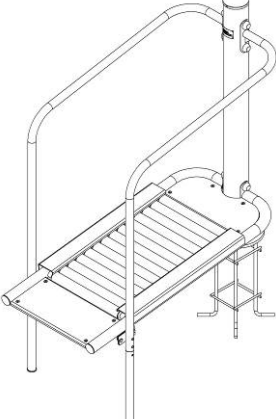
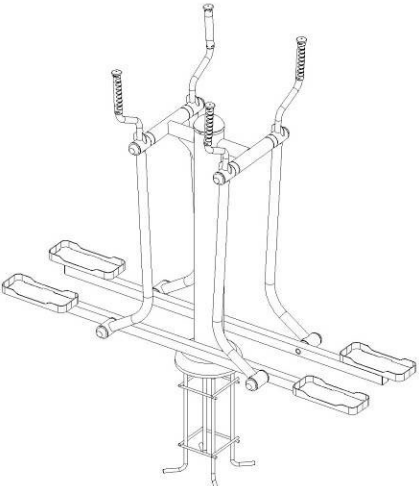
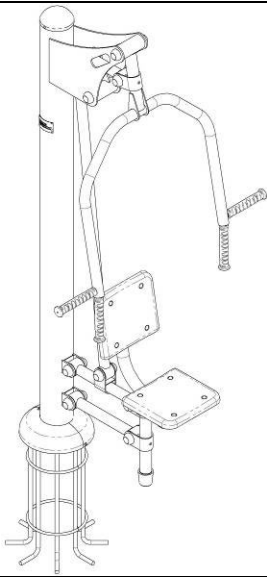
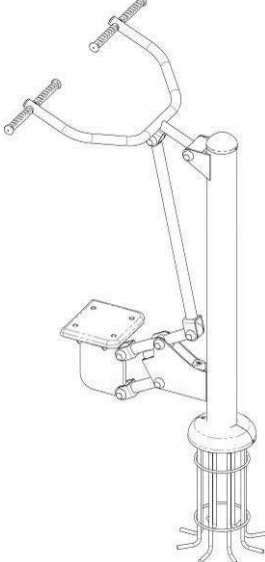
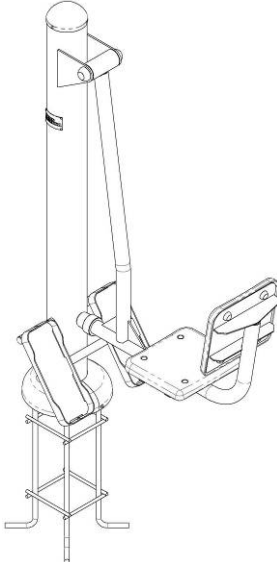
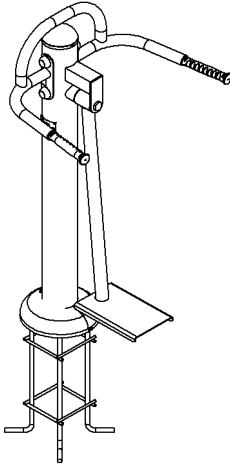
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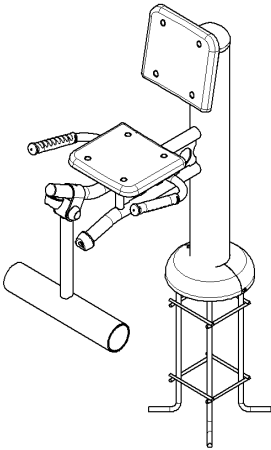
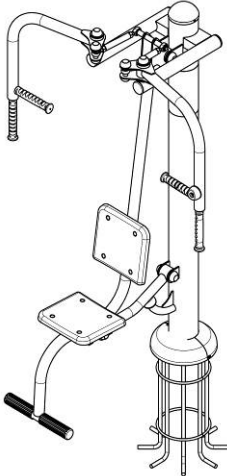
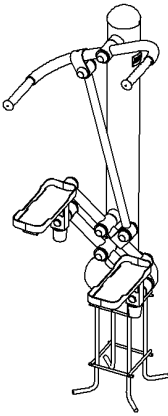
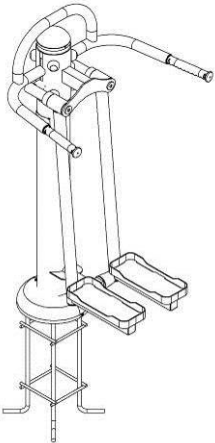
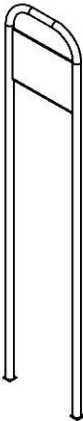
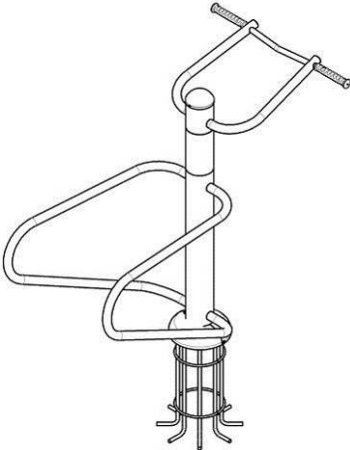
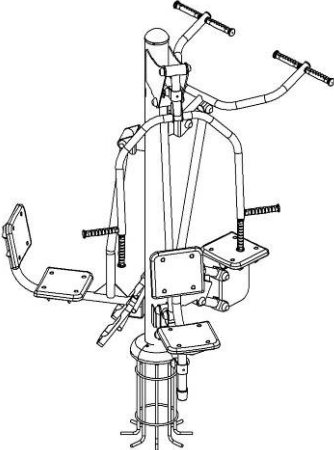
		
SL101	SL101.1	SL102

		
SL103	SL104	SL104.1
		
SL105	SL106	SL106.1
		
SL107		
		
SL108	SL109	SL110

		
SL111	SL114	SL115
		
SL116	SL117	SL118
		
SL119	SL120	SL121
		
SL122	SL124	SL125

		
SL126	SL128	SL129
		
SL129.1	SL130	SL131
		
SL134	SL135	SL136
		
SL136- SL126	SL139	SL140

			
SL141	SL142	SL143	
			
SL144	SL145	SL201	SL202
			
	SL203	SL204	

		
SL226	SL228	SL236
		
SL242	SL100	SL301
		
SL401		

Chapter 3. USE FOR THE INTENDED PURPOSE

Operational restrictions. Each machine should be used exclusively for its intended purpose and in accordance with the requirements of this document.

Preparing the equipment for use. Before use the machines should be assembled in full compliance with the requirements of this Operating Manual and other assembly documents (if such documents are supplied with the machine).

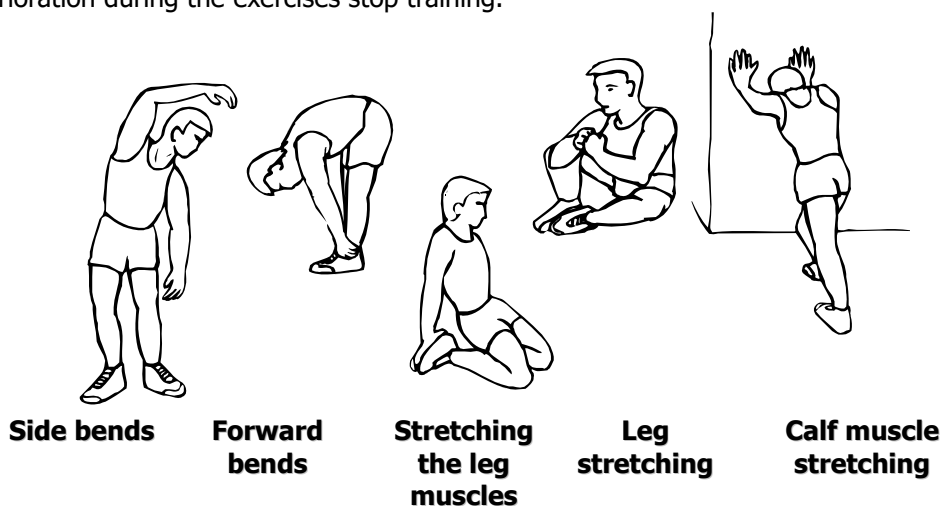
The procedure for assembling the equipment. All machines are delivered assembled, only separately from the embedded elements. In order to make the machine ready for use it should be attached to the already concreted embedded element.

Use of the equipment.

Before using the equipment check the reliability of all bolted connections, its operability and the absence of breakdowns (damage) - in case of breakdowns of the equipment, its complete or partial inoperability - do not use the equipment.

Before you start exercising on the machines you should warm up - a set of exercises to warm up your muscles, prevent injury and increase the effectiveness of your workout. We recommend you to perform the following set of

exercises before each workout on the machines. Each exercise should be performed for at least 30 seconds. If you feel any pain or deterioration during the exercises stop training.



After warming up you can start training directly on the machines, following the next procedure and rules:

1. Get into the correct starting position on the machine.
2. Perform the exercise according to the recommendations of the trainer (instructor).
3. At the end of the exercise gently return the moving parts of the machine to the starting position.

The procedure for monitoring the serviceability of equipment.

The equipment must be installed and certified in accordance with these operating instructions.

Before starting training check the integrity of the training equipment components and the tightness of the threaded connections. Particular attention should be paid to the correct tension and fastening of the steel rope on the weight-block machines. This should be done by a specialist, such as a trainer who has been trained in safety while working with lifting equipment and has the appropriate clearance. Training should only begin after the trainer has checked the equipment and signed off on its serviceability in the inspection log.

A list of possible malfunctions during the intended use of the equipment and recommendations for user actions in case of their occurrence.

In case of a malfunction please contact the manufacturer's service centre.

Safety precautions for the intended use of the equipment.

Please read this document carefully before assembling and using the equipment. It is obligatory for all users of the machine to read this document.

Do not use one machines for more than one person simultaneously, except for dual machines and except for safety reasons.

Do not train on unattested or faulty complex. It is forbidden to make changes to the design of the equipment.

Safe and effective training on the equipment is only possible if it is properly assembled and maintained in a timely and regular manner.

Before using the equipment consult your physician to determine the safety of training on this equipment for your health and to determine any physical characteristics of your body that may pose a risk to your health and safety or prevent you from using the equipment effectively. Doctor's consultation is especially necessary if you are taking medications that affect your heart rate, blood pressure and cholesterol levels..

Watch how your body reacts! Improper use of the equipment or excessive exercise can be harmful to your health. Stop exercising if you experience the following symptoms: pain, chest pressure, abnormal heartbeat or breathing, weakness, or dizziness. If these symptoms occur regularly, consult a physician before continuing to exercise.

For the normal and safe operation of the machines free area is required within a radius of at least 50 cm from the extreme parts of the machines at the maximum working density of their parts.

Before each use check the technical condition of the equipment and its serviceability, in particular, make sure that all studs and connections are securely fastened.

In order to avoid premature wear and tear and breakdowns, regularly carry out preventive maintenance checks of the equipment.

Ensure that the machines are placed on a firm, horizontal surface and that they are level. Always use the equipment for its intended purpose only. If you hear unnecessary noises (sounds) during use or notice malfunctioning of the equipment, stop training until the fault is identified and completely eliminated.

Wear comfortable sportswear for training - getting your clothes caught in moving parts of the equipment can cause personal injury and equipment damage. Always hold the handles of the equipment firmly and do not lift off the seat (if the seat is provided by the design of the equipment).

Do not exercise on the equipment after drinking alcohol or taking any medications.

Chapter 4. PRODUCT INSTALLATION

1.SL100

Prepare a plot of land (level it) and mark the location of the equipment, taking into account the safety zones (1.5 m from the projection of the equipment).

2. Take the ground level as 0.00.

3. Dig the pit(s). The dimensions are shown in Picture 1. During the installation of products in the sand, the length and width of the pits should be increased by 30 %.

4. Fill the pit with concrete of grade - Kl. B 15 small fraction.

5. Sink the embedded element into the concrete mortar to the level of the base plate, keeping it horizontal with a building level and taking into account the position of the machine in the desired direction. The anchors must protrude at least 35 mm above the level of the base plate (Picture 1).

6. Install the equipment in 28 days (after the concrete has completely hardened according to SBC).

Installation of equipment on embedded element:

- unscrew the M16 nuts and remove the flat washers and grommet washers
- install the machine on the base plate and fasten it with four M16 nuts, placing a flat washer and a grommet washer under them.

- cover the fastening elements of the machine with a decorative cover consisting of two parts and fastened with two bolts.

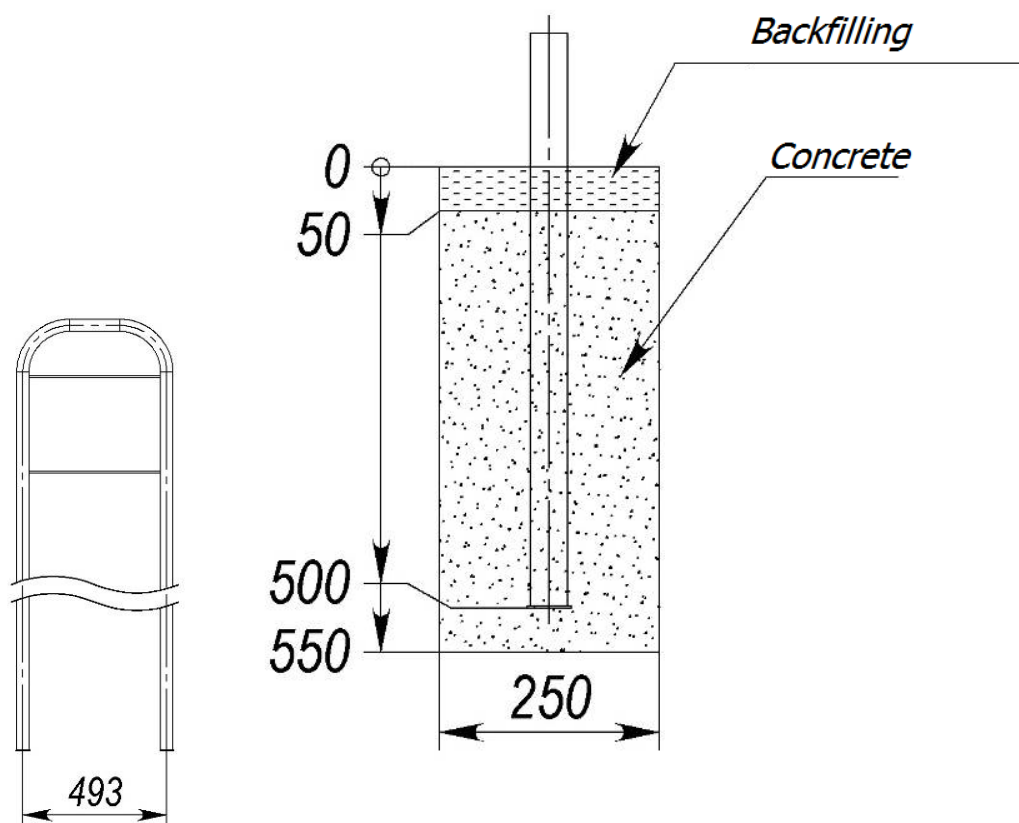
Completeness of embedded elements:

SL101, SL101.1, SL102, SL105, SL117, SL118, SL119, SL122, SL128 SL130, SL201, SL202, SL228, SL301, SL401 – embedded element for 8 anchors.

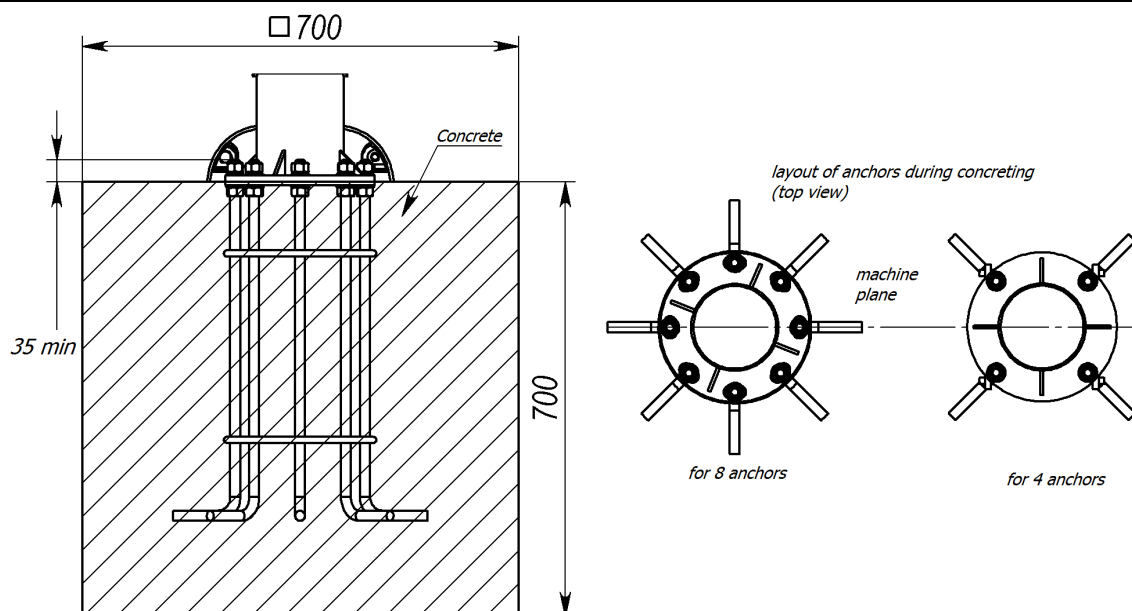
SL103, SL104, SL104.1, SL106, SL107, SL108, SL109, SL110, SL111, SL114, SL115, SL116, SL120, SL121, SL124, SL125, SL126, SL129, SL129.1, SL131, , SL134, SL135, SL136, SL136-126, SL139, SL140, SL141, SL142, SL144, 145, SL203, SL204, SL226, SL236, SL242 – embedded element for 4 anchors.

7. Install plastic seat covers on the metal seats (see the picture 3 for fastening scheme).

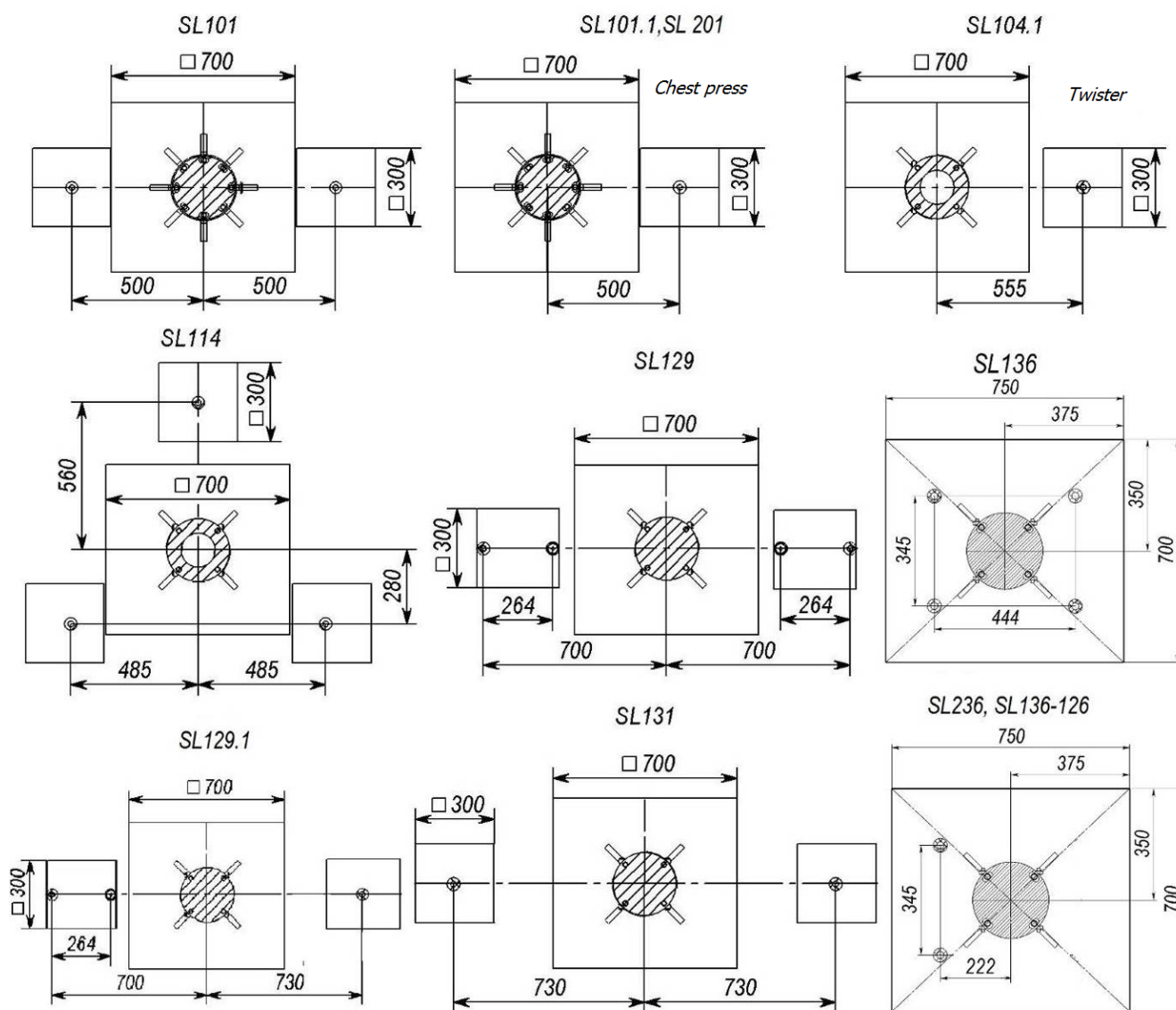
Note: for products SL101, SL101.1, SL104.1, SL114, SL129, SL128, SL131, SL136, SL201, SL236, SL129.1, SL136-126 – under the rubber bumpers that touch the ground, it is necessary to arrange a hard surface flush with the foundation (for example: FEM plate (smooth) 300x300x30 mm, concrete pouring 300x300x150 mm). The layout of the hard surfaces relative to the foundation is shown in the picture 2.



For SL100

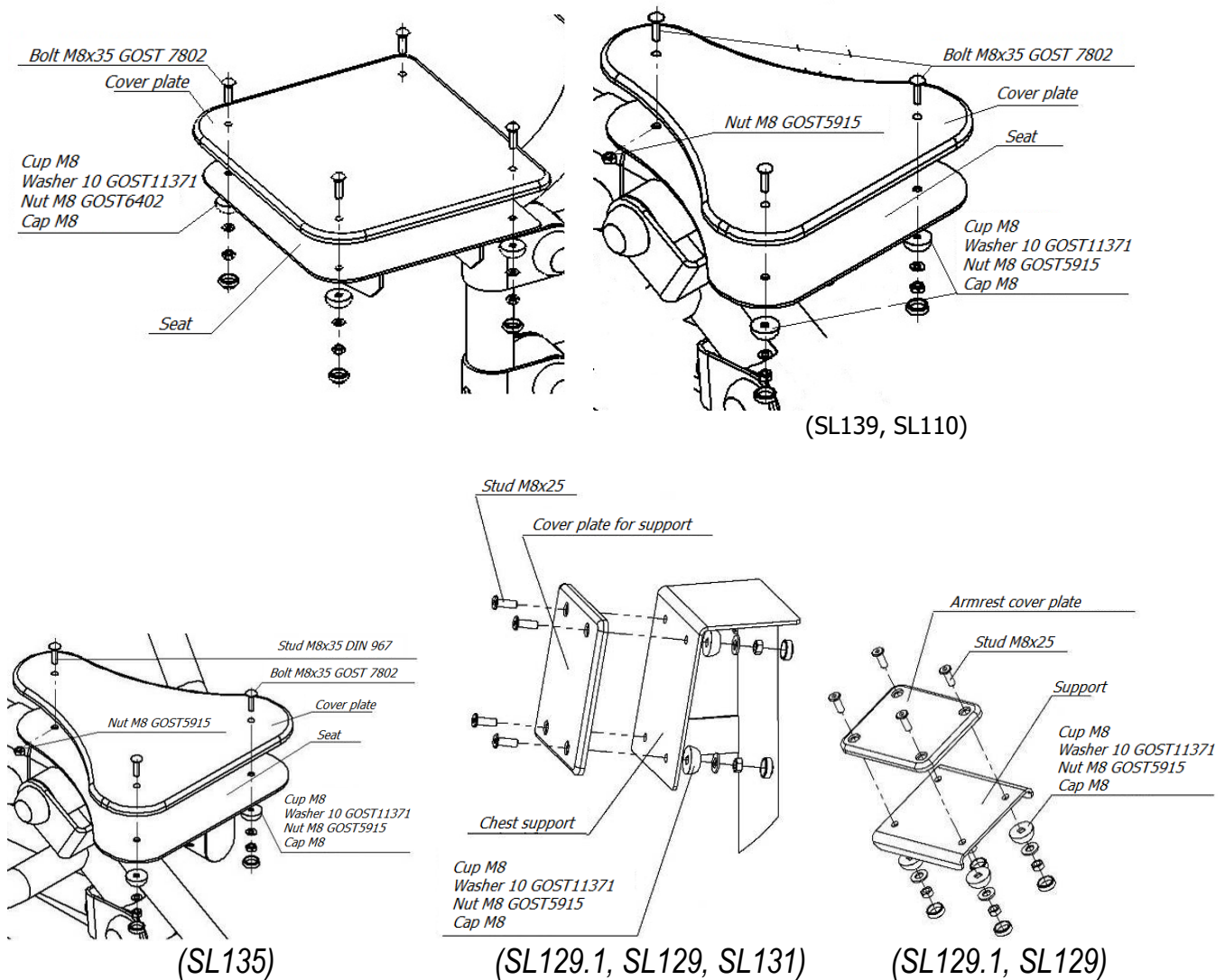


Picture 1 Installation scheme of the foundation



Picture 2: Layout of the support surface for rubber bumpers

The layout of the support surface for the SL128 machine is similar to the SL101.



Picture 3 Scheme of fastening of plastic cover plates

FAILURE TO COMPLY WITH THE REQUIREMENTS FOR THE QUANTITY, GRADE AND HARDENING TIME OF CONCRETE LEADS TO IMPROPER INSTALLATION OF THE EQUIPMENT AND, AS A RESULT, TO THEIR INCORRECT OPERATION. THE RESPONSIBILITY FOR COMPLIANCE WITH THE REQUIREMENTS FOR THE INSTALLATION OF THE EMBEDDED ELEMENT IN THE CONCRETE FOUNDATION LIES WITH THE CUSTOMER.

Chapter 5. MAINTENANCE

General instructions.

Product maintenance involves, first of all, the user's responsibility to comply with all recommendations provided in this document, starting with a daily inspection of the external condition of the product before operation.

If excessive noise occurs in the outer parts of the product or at the joints, immediately notify the service center.

Before using the product, check its operability and the absence of breakdowns (damage) - if the product is damaged, its complete or partial inoperability, the use of the product is forbidden.

Safety measures during maintenance.

Maintenance of the equipment must be carried out by a person with appropriate technical education who has undergone safety training.

Procedure for maintenance of machines.

Daily inspection of the product is a very important procedure. It will help you to detect any changes in the appearance of the product in a timely manner (deformation of individual parts, deformation of the structure as a whole or part of it, damage to parts, cracks in welds, as well as the absence of fastening of product parts, etc).

Once a month, as well as during the installation of the equipment, their certification should be carried out by loading the equipment with a weight exceeding the maximum permissible weight by 1.5 times for several minutes. The date of certification is recorded in the Registration Journal, which is an integral part of this manual, and certified by the signature of the responsible person. It is also necessary to check bearing assemblies, threaded connections, replace failed parts, and lubricate.

Every three months, a routine inspection should be carried out, primarily for the foundation part, load-bearing elements and element connection points (their integrity and degree of wear and tear).

The main annual inspection must be carried out annually by authorised specialists of the manufacturer. During the

inspection, the technical condition of the equipment is assessed to ensure that it meets safety requirements. Based on the results of the inspection, maintenance procedure is carried out to eliminate the identified discrepancies in the operation of the product. This procedure includes assessing the condition of parts and assemblies, replacing worn parts, and restoring the integrity of protective coatings. The results of the inspections, as well as the procedures carried out as a result of the inspection and maintenance of the product, must be properly documented in the Registration Journal.

The owner of the product should keep the acts of performance of works on maintenance of the product, acts of repair works.

Chapter 6. STORAGE

Procedure for preparing equipment for storage and removing it from storage.

WARNING! The machines are designed for continuous use for their intended purpose (taking into account the limitations specified in this document) after they are assembled. Taking this fact into account, it is not recommended to leave the equipment unused for a long time (more than 30 calendar days). During the downtime of the equipment, the effect of natural (physical) factors can lead to loss of appearance of the equipment (its parts), malfunction of individual parts and mechanisms, and as a result - breakdown of the equipment. In connection with the above, the elimination of breakdowns caused by prolonged non-use of the equipment, as well as bringing the equipment into working condition after a long period of inactivity, is not included in the warranty repair (maintenance) of the equipment.

When removing the equipment from storage and starting to use it, follow these recommendations:

- remove any protective materials (polyethylene, paper, etc.) from the equipment;
- remove dust and other contaminants from the surface of the equipment;
- check that all connections are secure;
- remove all grease used for preservation from the surface of the equipment;
- use the minimum load mode when starting up the equipment and check that all systems of the equipment are in good working order.

Chapter 7. TRANSPORTATION

The equipment is transported in the condition that existed at the time of delivery by the manufacturer, in cardboard packaging. The method of packaging must be the same as the method of packaging used prior to the first assembly of the equipment. Transportation must be carried out in such a way as to protect the equipment in the package from external factors (rain, snow, sunlight, water, humidity, etc.).

Chapter 8. DISPOSAL

At the end of the service life of the equipment, if you decide to dispose of the equipment, contact the manufacturer of the equipment or a specialised organisation.